

## HEALTHY MORNING MUFFINS

1	2	4	8	DOZ.	
<u>NON STICK COOKING SPRAY</u>					
$\frac{3}{4}$	1 $\frac{1}{2}$	3	6	CUP	WW FLOUR
$\frac{1}{2}$	1	2	4	CUP	ALL PURPOSE FLOUR
$\frac{1}{2}$	1	2	4	CUP	PACKED BROWN SUGAR
$\frac{1}{2}$	1	2	4	TSP	BAKING POWDER
$\frac{1}{2}$	1	2	4	TSP	BAKING SODA
$\frac{1}{2}$	1	2	4	TSP	NUTMEG
$\frac{1}{2}$	1	2	4	TSP	SALT
1	2	4	8	CUP	ROLLED OATS
$\frac{1}{2}$	1	2	4	CUP	BLUEBERRIES
3	6	12	24	TBSP	OLIVE OIL
1	2	4	8	EACH	EGG
$\frac{1}{3}$	$\frac{2}{3}$	1 $\frac{1}{3}$	2 $\frac{2}{3}$	CUP	MILK
4	8	16	32	EACH	CARROTS (PEELED & GRATED )
1	2	4	8	TSP	GRATED ORANGE RIND

1. PREHEAT OVEN TO 400. LINE OR SPRAY MUFFIN PAN.
2. IN A LARGE BOWL MIX ALL DRY INGREDIENTS, FLOURS, BROWN SUGAR, BAKING POWDER, BAKING SODA, NUTMEG & SALT. STIR IN OATS & BLUEBERRIES.
3. IN ANOTHER BOWL PLACE, OIL, EGGS, MILK, BEAT. ADD CARROTS, MASHED BANANA & ORANGE ZEST.
4. ADD FLOUR MIXTURE TO THE EGG MIXTURE, MIX JUST UNTIL COMBINED. SPOON INTO PREPARED PANS.
5. BAKE AT 400 F FOR 25 MIN OR UNTIL A INSERTED KNIFE COMES OUT CLEAN.
6. LET COOL FOR 5 MIN, TURN OUT OF PAN. SERVE.